

# THE SUNNAH OF DRINKING



A person will barely survive for 3 days if he did not have any water to drink. This is why we should thank Allah Ta'ala whenever we drink water.

This includes drinks, juices, tea etc. as all of them contain water, so basically any liquid we drink results in us benefitting from this very great blessing which Allah Ta'ala has given us.



In today's activity we will be learning and making a poster about 5 simple and easy Sunnats of our beloved Nabi sallallahu alayhi wassalam related to drinking.



## Activity Time

- 1 Cut out the cup and the icons.
- 2 Glue the icons inside the cup.
- 3 Glue the cup onto another sheet of paper or card to make your 'Sunnah of Drinking' poster.
- 4 Decorate as you wish.
- 5 Now follow the Sunnats whenever you drink something.

Make a Sunnah of Drinking



f Drinking

ink. Our beloved Nabi ﷺ  
m standing and drinking.

aylaan

ve drinking

id thy.

3 Sips

are drinking from  
mth between each

Alhamdulillah

# Sunnats of Drinking



Always sit and drink. Our beloved Nabi ﷺ prohibited us from standing and drinking.

Use the right hand to drink as shaytaan eats and drinks with his left hand.



Bismillah

Read 'Bismillah' before drinking

Drink in 3 sips. Our beloved Nabi ﷺ said this was more enjoyable and more healthy.



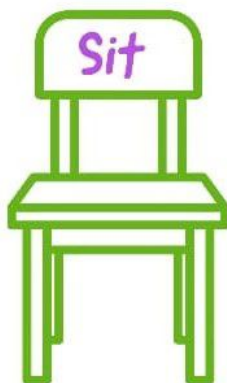
Do not breathe into the cup you are drinking from. Move the cup away from your mouth between each sip.

After Drinking say 'Alhamdulillah' and read the following Du'a: الْحَمْدُ لِلَّهِ الَّذِي سَقَانَا عَذْباً فُرَاتاً بِرَحْمَتِهِ وَلَمْ يَجْعَلْهُ مِلْحاً أَجَاجاً بِذُنُوبِنَا

Alhamdulillah



# Make a Sunnah of Drinking poster



# Water a Blessing from Allah Ta'ala

10 Amazing facts about water used to produce our food!!



45 litres of water is used to produce a small serving of potato chips.



A small can of soda/fizzy drink requires 174 litres of water to produce.



It takes approximately 908 litres of water to produce just one loaf of bread!



It takes 2664 litres of water to produce one pound of lentils.



To produce enough food to sustain everyone on earth we require 199.8 million litres of water per second!

Without Allah Ta'ala's help where would we get this much water from?!



A pound of chicken takes 1960 litres of water to produce.



Two pints of milk requires 461 litres of water to create.



A pound of eggs needs 1495 litres of water to produce.



A pound of cheese requires 1446 litres of water and a pound of butter requires 2618 litres of water.



For every pound of rice produced 1131 litres of water is required, pasta requires 840 litres of water and barley 897 litres of water!



Most nuts such as Almonds, cashews, and walnuts require between 4,550 litres to 7,200 litres of water to produce!